

# MARMITE

## YEAST EXTRACT

Today when so much importance is attached to the problems of nutrition the value of yeast as a food has become fully recognized especially on account of its high riboflavin and nicotinic acid content

Marmite is an autolysed extract of yeast, prescribed extensively for its health-promoting properties

1-oz. of MARMITE provides:

1.5 mg. RIBOFLAVIN (vitamin B<sub>2</sub>)

16.5 mg. NIACIN (nicotinic acid)

The Marmite Food Extract Co., Ltd. 35 Seething Lane  
London, E.C.3

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## ABNORMAL TIMES mean ABNORMAL ROUTINES

As the war effort is hitting full stride, it brings with it many dislocations of civilian habits which affect the normal routines of normal times.

Not the least important of these disturbing effects is irregularity of bowel action with its resultant symptom complex, loss of appetite, depression, fatigue, listlessness—all of which tend to lower bodily and mental efficiency.

The physician who, in these circumstances, turns to Agarol does so with the assurance that his patients will like this easy-to-take, gentle yet dependable acting, mineral oil evacuant. It contains sufficient dose of phenolphthalein to encourage peristalsis and secure complete bowel evacuation

*Composition: Mineral Oil and Phenolphthalein.*

# A G A R O L

WILLIAM R. WARNER & CO. LTD.,  
150-158, KENSINGTON HIGH STREET, LONDON, W.8  
(War-time Address)

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## Raising the Metabolic Rate

### THREE METHODS:

1. The injection of thyroxin intravenously.
2. The oral administration of thyroid or other compounds of the nitro-phenol group.
3. The prescription of foods such as broths, soups, and meat extracts.

Since the first two methods involve interference with the normal mechanism of the body, practitioners usually prefer to treat depressed metabolism by the third method.

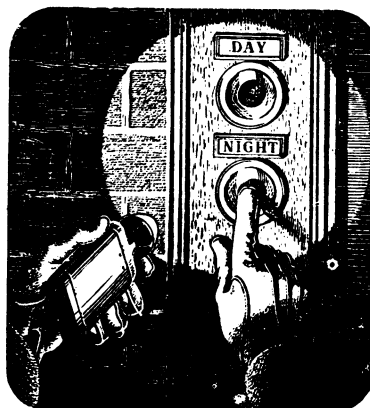
It will, therefore, be of interest to them to know that Brand's Essence is outstandingly effective in stimulating the metabolic rate.



After the ingestion of Brand's Essence there is a sharp increase in the heat output, reaching a peak at the end of half an hour, and still appreciable six hours later.

Whenever there is a need to stimulate the metabolic rate, Brand's Essence may be prescribed with confidence. It will be found palatable when other foods are distasteful. It is of special convenience in cases in which the patient cannot tolerate sufficient protein.

## BRAND'S ESSENCE



## What is the use of pain?

Pain is Nature's warning. It is also a useful guide to the doctor in his diagnosis. This done, pain has no further use, and its continuation merely causes unnecessary shock and suffering to the patient. And so, time out of mind, men have used narcotics to dull the bite of pain. Many of them such as myrrh, hashish and the poppy, had unfortunate after-effects. Not so the scientifically calculated mixture of Nitrous Oxide gas and air, which can be given by the modern gas-air apparatus. This device is so simple that it can be operated by the patient, leaving the doctor both hands free. Extensive surgical dressings, manipulations, and, of course, child-birth, lose their terror when a gas-air apparatus such as the "Minnitt" is employed. The industry that supplies compressed gases for all the needs and uses of the nation can take pride in playing its proper part in the conquest of pain.



"GAS-AIR ANALGESIA IN MIDWIFERY"  
This is the title of our new informative and instructive film which we can arrange to be shown for your benefit on application.

**The BRITISH OXYGEN Co. Ltd.**  
MEDICAL SECTION • WEMBLEY • MIDDLESEX  
Incorporating: COXETER & SON LTD. and A. CHARLES KING LTD.